



## **ACTIVE BREAKS PLATFORM**

The Active Breaks Platform is an educational resource permitting primary and secondary schoolteachers to implement active breaks during classroom hours.

# Main feature / technology

It is a tool free to access and easy to use, permitting implementation of physically active breaks in the classroom, and without requiring specific knowledge.

#### Main applications and advantages :

The tool is easy to use and runs rapidly, allowing an active break to be taken in less than one minute: the student need only follow the instructions of the avatar that appears.



#### Status of the technology:

Available on the market

#### Area:

Health and wellness

## Information:

To get in touch with the people in charge of this offer, please contact FUNDECYT-PCTEx by email:

transferencia@fundecyt-pctex.es